



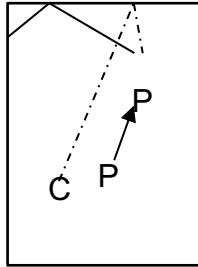
COACHING SESSION PLAN

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|---|---|---|--|---|
| Name of Group/Individual: | | | Date: | Time of session: |
| Ability level: INTERMEDIATE | Age: | Venue Risk Assessment completed : YES/NO | Name of Coach: | |
| Special Needs: | | | Equipment/Resources: | |
| Objective for session: To introduce practices to improve the players ability to play a cross court drop shot from the front court. | | | Contingency Plan: | |
| Session potential safety hazards: | | | Action taken to minimise risks: | |
| ACTIVITIES | | | TIMING | COACHING POINTS |
| Preparation & warm up period | | | | |
| Practice & progression | <p>CROSS COURT DROP SHOT FROM FRONT COURT.</p> <p>Coach Explanation of the cross court drop shot.</p> <p>These shots should be used when a player knows his opponent is not on the mid court position. The player can bring more deception to the shot by using the same strike action as for a drive shot. Even if not a winning shot, if played well, it will allow another attack.</p> <p>Cross Court Drop Shot Practices.</p> <p>Coach Demonstrates Practice 1. (Demonstration to include right/left hand).</p> | | <p>15 mins Total.</p> | <p>The Coach can use the points below to observe the players and introduce the points to help players progress over a period of several sessions. Do not overload players with C.P's.</p> |



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Practice 1. (Catch and throw with strongest hand).



Coach throws the ball underarm onto the front wall; Player stands in mid court and moves to catch the ball, gently pushing the ball just above the board to make the angle for the drop shot, pass ball back to coach: quick rotation of players.
3 goes each player: Score 1 pt goes above board; 3 pts in nick/on box.

Coach Demonstrates Practice 2. (To include right/left hand).

Practice 2.

As in Practice 1, however, the player now hits the ball to play a cross court drop shot; into the nick or at least towards the side wall.

5 goes each player: Score 1 pt goes above board; 3 pts in nick/on box.

Practice 3 and 4.

As in Practice 1 and 2; now with the weaker hand.

Practice 5. Game Situation: Conditioned

Player A hits an easy serve to start rally in the front court, thereafter the players must hit ball into front court only. Win the rally by playing a drop shot.

5 serves player A, then 5 serves player B. Winners play winners; losers play losers.

-Look at ball coming out of Coaches hand and follow it until you catch/hit the ball.

- Follow hand through to the place on front wall you feel will make the best angle to play the shot towards the sidewall for the drop shot.

- Keep hand steady.

- Have to judge using the correct weight when striking the ball.



COACHING SESSION PLAN

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|--|---|--------------|--|
| Recap & cool down | | | |
| Player feedback & evaluation | | | |
| Signature of Coach: Date: | Signature of Witness Date: | | |
| | Name: | Role: | |